

 **EMPLOYER UPDATE**

News for employers

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## New caregiving service available to self-funded employers

According to the U.S. Department of Health and Human Services, one in five employees struggle to care for aging, chronically ill or disabled family members. Wellthy is a personalized care concierge that matches families caring for loved ones with a dedicated care coordinator. The care coordinator is a personal health care project manager, helping to take the logistical and administrative burden off families. Wellthy care coordinators can help oversee all communication between medical providers, schedule appointments, identify an appropriate in-home aide, facilitate a move into a living or care facility and manage medication.

Wellthy is a buy-up option available to self-funded employers. To learn more about this program, contact your Medica representative.

[View employer flier.](#)

## Help your employees learn about the advantages of using virtual care

Virtual care, also known as online care or e-visit, is a quick, cost-effective and easy way for members to get care for non-urgent matters, including common medical conditions such as cold/flu, bladder infection and pink eye. Members can connect with a provider from their computer or mobile device and get a diagnosis, treatment plan and prescription (if needed) from the comfort of their home, work or wherever they are. Visits are typically \$49 or less, depending on the member's plan.

Members can access virtual care through providers in their plan's network. Another option, Amwell, is available 24/7 to members in all states. Members can also get behavioral health care services\* through Amwell, including therapy and psychiatry.

Getting started with Amwell is easy:

1. Download the free Amwell app from the [App Store](#) or on [Google Play](#). Members can also access services from a computer by going to [amwell.com](#); or by phone at 844-733-3627.
2. Select a doctor or nurse practitioner and provide a brief description of what you want to discuss.
3. Enter your insurance information and payment method.
4. Follow the prompts to start your visit.

Members can find more information about other virtual care options available in their plan's network at [medica.com/findadoctor](#).

Share the virtual care flier below and encourage your employees to take advantage of this convenient care option.

[View virtual care flier.](#)

\* Pricing for behavioral health services varies. Eligible services are covered under the plan as a behavioral health office visit.

## Group administrator training in April

Group administrator training is scheduled for Apr. 9, 2019 at Medica headquarters in Minnetonka, MN, for fully insured employers. This training will walk you through plan administration, from how to get started to adding new employees, where to get your questions answered, and more.

A health and wellness expert will also share strategies and tools to engage your employees in healthier lifestyles and help them make the most of their Medica plan. You'll also get an overview of how to administer your benefits online with Employer eServices®. There is no cost to attend this training.

For more information or to register, please visit [medicatraining.com](http://medicatraining.com).

## Member topic of the month: Deductibles, copayments and coinsurance

Every month we feature ready-made promotional materials for one of our member programs or resources. Print the flier or email it to your employees, whichever you prefer!

This month we are providing information on deductibles, copayments and coinsurance. The tip sheet below explains these terms and how they determine out-of-pocket costs.

[View member tip sheet.](#)

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